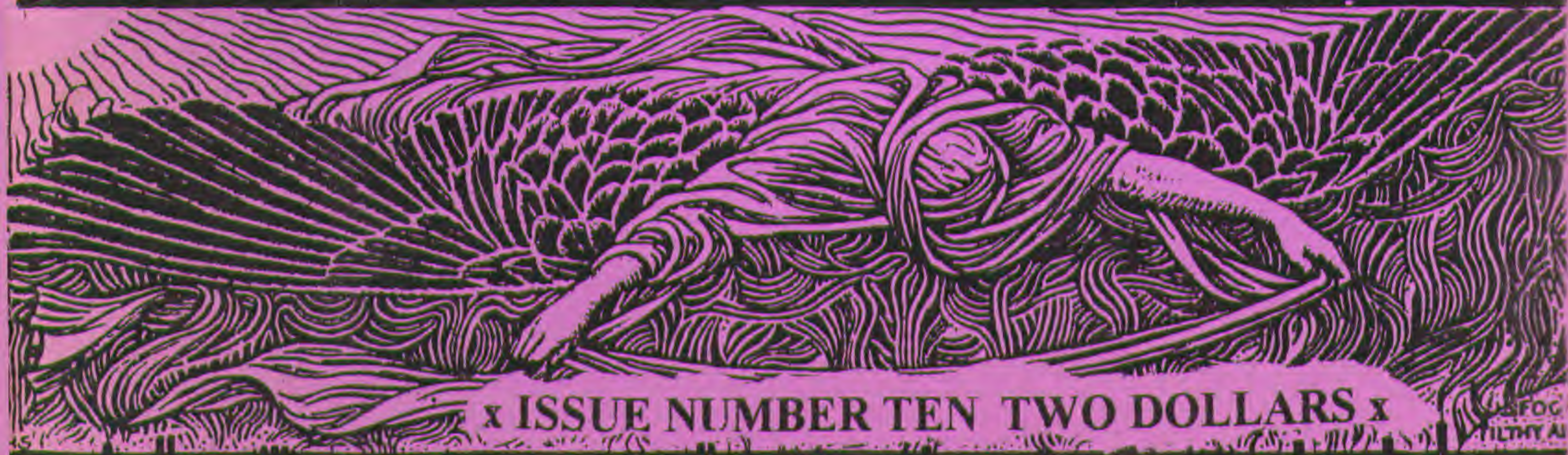


# ELEMENT



x ISSUE NUMBER TEN TWO DOLLARS x

FOG  
FILTHY A



STRAIGHT EDGE IS WEAK AS FUCK



Photo Courtesy - taken by C. Smith on

# ELEMENT ZEEN' #10

23144 CLEVELAND / DEARBORN, MICH. 43124

welcome to element #10. In the process of working on this issue i almost stopped doing this zeen. this was not do to nothing in particular. to tell you the truth i'm not sure why. well i'm still doing the zeen' as you can tell and i'm having more fun then i have ever had. i would like to apologize for some of the bad copy quality. live with it. after this issue though element is going to take a short break... i'm going to be working on some new stuff DROUGHT, and LETTERBOMB; so be on the lookout for those soon... the next issue of element will be out on dec. first so watch for it...all i can say is that it will be fuckin'huge. well that is about all for now...

h yeah- FUCKIN' GO!

Thanks goes out to the following people for all their help- justin(loverboy)moulder. egg process. ron unbroken. bull- polley of three. thyer groundwork. dave mandel. dave sne(smoooch). carolyn. hewj. mike d. damon. jay the tv man. kim. rich b. dennis remsing. steve & shayne indy.. kurt catalyst. kent mcClard. sean reaction. an subjection. chris awol. vegard lashout. al baridev. tony rettman. derek and all in k-zoo. scott d. (albes). huttler reveal. andy&dennis initial. all detroit kids... zines- suburban.indecision.tidbit. catalyst. reveal. stagnel. stormtropper. kill the robot. miss understood.contrast. and all others plus in all the bands that i have interviewed and all the bands that have played at grounds thanx...

*Distribution help is greatly needed*



ALL PHOTOS ARE TAKEN BY:  
JUSTIN MOULDER  
CAROLYN SMITH  
ERIC Z. that is ME.



# contents

## PROCESS

are a cool band out of the california area. i'd had the delight pleasure of spending a couple of days with them. the interview was done through the mail. be sure to check out their seven inch, and their lp., also be on the lookout for the six song ep. on conversion.

## DOWN BY LAW

THIS INTERVIEW WAS DONE WITH DAVE SMALLEY AFTER A GREAT SHOW. THERE IS NOTHING THAT I CAN REALLY SAY ABOUT THEM THAT YOU DON'T ALREADY KNOW SO ENJOY. SOME QUESTIONS ASKED BY MY BOY JAY.

also lots of photos, vegan warrior, articles, and other stuff of interest i hope...xxx



"Dude that band sold out. They just signed five record deal with Sony. Their not punk anymore." Does this sound a little familiar? There has been a lot of this floating around the hardcore community lately with bands like Quicksand releasing "Slip" complete with MTV video, and Into Another wanting to do something similar. However, Have these bands really sold out? I don't think so. I reject the notion that a band has "sold out" if they would rather play to 1,000 people instead of a hundred.

One thing that all of these "sell-outs" have in common is they are all, or aspire to be, professional musicians. Being a professional musician doesn't mean you play gigs three nights a week and then go back to your job at the car wash during the day. Being a professional means making your living doing it. Consider this, say a band gets paid \$300 to play your local venue. Split between five band members, that's \$60 bucks a piece. Not bad for a couple hours work. Unfortunately, for a lot of bands \$300 bucks is the high end of what they usually get paid. Furthermore, most bands don't play five nights a week. Let's say they play 3 times a week, that's \$180 dollars a week. In all of this, you have to include all the time spent practicing, writing songs, setting up, etc... Maybe that job at the car wash isn't so bad after all. Can you blame anyone for wanting a little more out of their work than that?

"Music is an art, and involves much more than money." This is very true. I would be shocked if any of these "sell-outs" said any different. When an artist creates something, she/he does so for many reasons. An artist converts emotion to media and displays it, whether it be paint, music, or whatever. As an artist, you want as many people to see or hear that creation as possible. You want to observe their reaction to gauge how effective you've been in tapping emotional responses from them. The more people the better. While independent record labels do an excellent job giving artists a chance to first bring their art to the public, the independent label just doesn't have the vast resources in distribution that the corporate label does. "But corporate labels require more money to operate and take bigger cuts of the money that comes from the album." This is also true. So the artist faces a big decision, better distribution vs. corporate money demands. So if the "sell-out" signs with the corporate label, it's rarely primarily for monetary reasons, but for artistic ones. Bands actually make smaller percentages of album sales than they would make from smaller labels.

One thing I do have a problem with is bands that fall victim to their venues and prospective wealth. I'm talking about twenty-dollar door prices and fifteen-dollar and up tee shirt prices. Almost all of the larger music venues in this country are following the current trend of demanding a percentage of merchandise sales. The band usually makes the bulk of their money from merchandise, so they agree to the venue's terms. If the band doesn't like these terms they shouldn't play the venue. If they play the show for the money, well then that's selling-out. Putting the money in front of your fans and the integrity of your band as a whole.

I just think we need to be a whole lot more selective of calling a band a sell-out, or at least try to look past the surface of the situation.

~~By: HEN~~ By: HEN III



# REACTION

**TAKING BACK WHAT THEY TOOK OVER.  
THE SKATEBOARDING INDUSTRY HAD IT COMING.**

SEND TWO STAMPS FOR CATALOG TO P.O.BOX #514, SYRACUSE, NY. 13210-0514



Why don't  
you leave  
me Alone



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Back

**ELEMENT  
ZEEN**



Front



Friends  
Dont Let  
Friends  
SELLOUT

# XXX

**Richmond Va.  
STRAIGHT EDGE**

an xbs production 1993

# holocaust

**A QUESTION OF COMPROMISE**

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Apt. 3  
Syracuse, N.Y. 13210



# Zine Reviews..

## actionfigure #1&1.5

well this is a breath of fresh air, i think this is one great zine. finally a zine that deals with skateboarding and straight edge/hardcore in one zine. this is a must have so get it. issue one features- harlod hunter, ben liversedge, jamahl williams, adam ayer, another wall, lifetime, mouthpiece, and finally someone confronts those fucks at sassy (\$2.50ppd. )1.5 has tom knox, ron knigge, mike vallyely, pat guidotti, dan rogers, strife, lance conklin, (\$1) juergen heerdegen/rpo 6842/po box 5063/new brunswick, nj. 08903-5063

## awry zine issue two

this issue features short interviews with outspoken, foundation, mean season, and there are some articles and other interesting stuff. not bad.. (\$2) aristotle c./25 maple knoll dr./ rochester, ny. 14626

## balance zine number two

nice full color cover, but it is very short, not much in here... some news and a

really short interview with ritual... this is a syracuse rush edition... send a stamp for the real one... balance fanzine po box 3775/ cherry hill, nj. 08034

## BURN IT DOWN ISSUE TWO

this is a pretty ok zine from the chicago area. has a bloodline interview, loots of articles, a denmark straight edge interview type thing. and the



usual. only (\$1) buy it. 1202 N. 75th st. #111/ downers grove, il. 60516

Disillusion issue two  
interviews with into another, lincoln, scab, articles, photos... pretty cool zine in all. (\$1 ?) josh peach/ 57 w. california/ columbus, ohio 43202.

## FOCUS FANZINE #7

i don't know this cool, but some things start to get to me. way better than the others he has done. interviews with soulstice, green rage... i want more framework photos... (\$2) 124 HARVARD PL./ SYRACUSE, NY. 13210

## FORE-GO fanzine #2

yet another zine from the chi-town area, far better than the first one.. i like good layouts. features-mean season, split lip, snapcase, intact. photos, articles+ more. (\$2) address not found write to persist for info.

## HAPPY DAYS fanzine #2

this is one quality zine, cool layouts, and good photos, and great comic on hardline... interviews with lincoln, 4 walls falling, endpoint, and eart crisis. get this (\$2). 203 monroe ct./ holland, pa. 18940

## HOLOCAUST issue two

way better than issue one, nice4 job all in all.. features- conviction, chokehold, unbroken, interesting articles even if you don't agree. (\$2) 321 1/2 westcott st./ apt. 3/ syracuse, ny. 13210.





# zine reviews

## landslide #4

another great zine from craig.. good interviews with P03, demise, writings to make you think...he has changed..\$2ppd. 1500 hazel ave./ chesapeake, va. 23325.

living issue num. seven  
well i have to say this zine has come along way since the first couple.i say good.nice layouts,features- new age records,encounter, conviction, unbroken, fadeaway,and articles. get it. (\$3)why?..43 saber lane/ williamsville, ny. 14221.

## OUT STRUCTURED #2

this is a well done zine...interviews with mean season,refuse to fall, articles, animal rights stuff, reviews..\$2 i think..  
justin po box 403/ lees summit,mo. 64063

## PERSIST #2

chicago straight edge is rising and this is proof..jeff does another good issue. far surpasses the first. good layouts. features- endpoint, ressurection, silence, Y.O.T.,articles and more.order \$2.00ppd po box 756/ westmont, il. 60559.

## REVEAL #2

another good issue by luther. this one has an interview with earth crisis, writings on

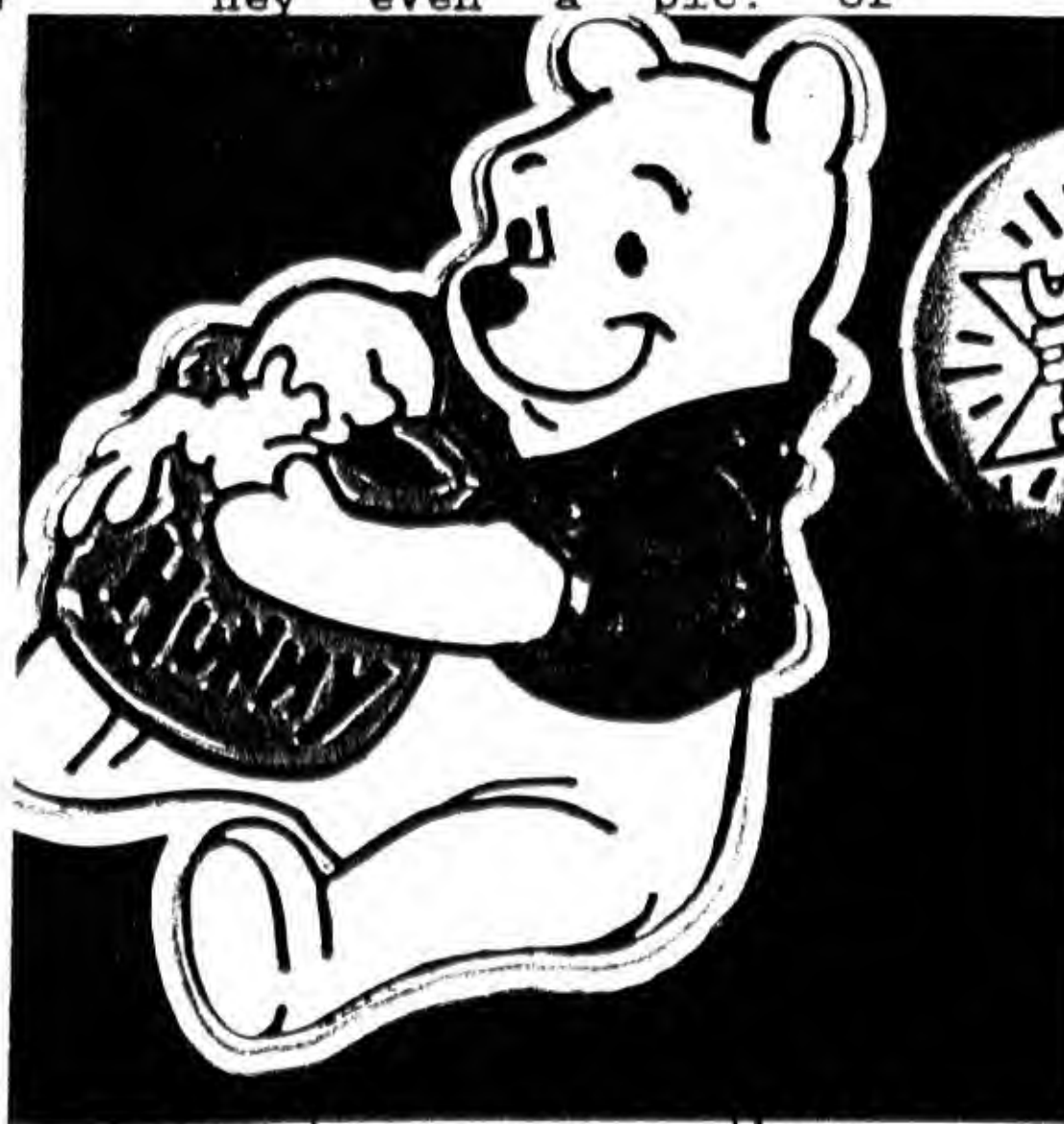
addiction, hunting, animal rights and lots more...\$ see ad.) po box 2611/ bloomington,in. 47402-2611.

## sandbox num four

this is the special frat initiation issue.. this is a journal basically..interesting but the proud of eating meat give me a fuckin' break. \$1 maybe 215 n.vendome ave./ margate, nj.08402

## STAGNANT num.1

all i say is annoyance is on the cover(our side thing) interviews with guilt, and vic 108 (can he change everything into krishna), hey even a pic. of



nurture among others. alot more stuff to read also..\$1.50  
mike d. 705  
n.alexander/royal oak,mi. 48067

## stability num. 4

layouts are ok, photos are poorly scanned, gaulity printing, interviews are boring do to the ("what do you

think of",type questions)they are also all the same questions basically in each interview. could be alot better. (\$2)665 pioneer pass/ valparaiso, in. 46383.

## time zine #2

this is a cool zine nicely done..features current, consequence records, warzone(why), good articles and more plus you can't beat the price \$1-117 e.cedar ave/st. louis, mo. 63119

## THE DANCE OF DAYS #1

for a first issue this is great..it has an interview with eye for an eye, tons of reviews,and photos,and more reviews.(\$2)  
adam tanner po box 622/new milford,ct.06776

## TIDBIT #4

oh yeah dave is back with another great issue..i love this zine and the guy who does it rules.a must have.features- blackspot, revelation records, the hanson brothers, articles yes dave is writing nowadays..photos that will make you cry..get this now..(\$2)po box 5846/hunt.boh.,ca.92615

## war machine num one

this is a good first issue, mostly all writings and photos.. includes a soulstice interview also. xvegan straight edgex(\$1.50)  
carl auburn 8 eastern parkway/auburn, ny. 13021

x-men photo zine



# SCULPTOR



**PROCESS** = Egg-vocals, Shawn-guitar, Bryan-drums, Dave-bass.

O.k. to start things off; you just finished your first u.s. tour, what were some of the high points and the low points-

**Egg**-The highest points were the shelter/108 shows, Worchester and Long Island. Lowest points were New Haven, getting a ticket only one hour into our tour, and the freeway going out of Detroit, when we almost lost it.

**Shawn**-The lowest point was that i was unable to participate because of school work that was necessary.

Do you think some of the problems with the tour, were do to not having many dates booked until you were on tour-

**Egg**-Somewhat, but it all worked out in the end. hopefully next time will not be so rushed, and thus run a bit smoother.

**Shawn**-i have no idea, but i would seem to be a problem faced by many bands on the road.

**Dave**- no.

Some of the shows you played with were with Shelter and 108, would you say this gave you a chance to play in front of bigger crowds, and what are your feelings about the message they are trying to convey through their music-

**Egg**-Yes, this gave us the opportunity to play in front of bigger(not necessarily better) crowds. I feel they are only trying to convey their beliefs to people, just like anyone else that has something intelligent to say.

**dave**-Playing in front of big crowds is always great...I'm for artistic freedom. to me the question isn't whether i agree or disagree with what they are saying. the question's are they doing a good job, are they enjoying it, and do they believe in what they are doing. as far as i'm concerned they are real.



Steel Jaws. Prestige bought at the price of a life.  
Fur is a sick way of flaunting wealth. Without  
thought it is defended with their blood on your  
hands. Fur is the sickest of ways to flaunt your  
wealth. Steel jaws. Snap, splits their body in two.  
Vow what the fuck are we going to do? About

# PROCESS

Do you think any form of religion should be apart in hardcore-

**Egg-**To me, h.c. is a youth movement that should be based on individual ideals. If someone involved with hardcore is religious and expresses openly their beliefs, then that is their prerogative and should be respected. As a whole, i think religion and moral beliefs should be individual, not a tool for separation in the scene.

**Shawn-**When people form hardcore or alternative bands i think one of the priorities is to convey ones ideas and beliefs. you could say that straight edge is a form of self religion. i think the mix of music and religion is fine. If you don't wish to believe in what is being said then no big deal-right? i don't always agree with the lyrics i hear, but i'll still listen. Most of my lyric writing has some connection to my spiritual beliefs and concerns, but i always try not to have some sort of aggressive approach.

**Dave-**Anything can be expressed through hardcore. there is no set of rules. i feel hardcore is about the interchange of thoughts beliefs/ issues life/ and anything that gives people deeper understanding of others and themselves.

Your lp. came out on Conversion records a little bit ago,how do you feel about its turn out,what would you change if you could-

**Egg-**I'm happy with how the lp. turned out, however, if it were to be re-recorded at a higher quality studio, and i could re do my vocal trax i'd be "Egg"static.

**Shawn-**I think the production could have been better. the package and the work done by Dennis/conversion was really good, a little behind schedule, but good nonetheless. if i could change anything it would have been the recording studio and the release date.


How did Dennis Remsing end up playing guitar for you on tour, is he a part of the band now-

**Egg-**Dennis offered to sit in as a sub. for shawn who, due to unfortunate circumstances could not go. Dennis isn't a permanent part of the band, but we love him to death for making the tour possible in all of the aspects.

**Shawn-**"thanks dennis"i think it is safe to say that dennis is a part time player if there are any problems with my schedule-and to that regard he has been exceptionally supportive and understanding.

STEEL JAWS





How long has Process been around, is there any meaning behind the name-

Egg-We've been together almost four years. As for the name, i guess it deals with the process of living day to day and surviving to see tomorrow.

Shawn-The band has been around since the spring of 1990. the name was generated from the phrase "the process of elimination". it sounded good and had not been used in any way shape or form.

Egg you and Bryan used to play in END TO END what ever happened to that, and were there any other bands before Process-

Egg-Correction; myself, bryan, and shawn were in End to End, which broke up due to differences with the vocalist. i've played in Blindspot, Campaign, and Family Wagin off an on during Process. Before end to end it was called Addiction.

Shawn-Pillsbury Hardcore (1983-1987) RIP ,  
Pissed Happy Children(1987-1990) RIP,  
Addiction(1990)RIP, End to End(1990) RIP, Charred  
Remains(a.k.a.)man is a bastard(1992) \*session player.

What are some influences when you are writing lyrics-

Egg-My lyrics basically deal with many different worldly issues- environment, racism, sexism, emotions, and animal rights are some of the more serious issues, but i'm not an "angry" lyricist, i deal with these issues in a more loving/ optimistic sense.

Shawn-Personal ideas and feelings that happen to be active in my conscience. these can contain political, spiritual, or environmental issues ect...



# Fire Of Our Days

Is there anything that upsets you about the current hardcore scene, and what changes do you think should take place-

Egg- Separation because of mass beliefs upsets me, egos upset me, the narrow mindedness of cliques upset me, and by god the use of lard by 90% of the worlds mexican restaurants really pisses me off. The only change that needs to take place is that people need to get off their narrow-minded high horses and be present at the shows and support the bands- even if they don't "live" every syllable that is spewed from the vocalists mouth.

Shawn-I think people should be less concerned with what others are doing. Creative action seems to be lacking. To many bands are a reflection of others. The violence and ignorance that seems to be prevalent at shows is depressing. Dave-I think there is not enough unity in south ca. . Scenes have separated and within those scenes things are screwed. people don't help each other out.

Anything that you would like to leave the readers with-

Egg-Thank you Eric for your time, putting us up and putting up with us, watch for our 6 song 12" ep. out early 94. Hope to see everyone next summer, and thanx to everyone involved with the first tour.

Shawn-Process would like to thank Eric for his support, and would like to see a continued effort such as his in the scene. To the readers of Element- I would like to invite you to respond to my comments or material, all correspondence will be responded to quickly!

SHAWN PROCESS-12726 TORREY BLUFF Dr. #58, SAN DIEGO, CA. 92130







**Seaweed**

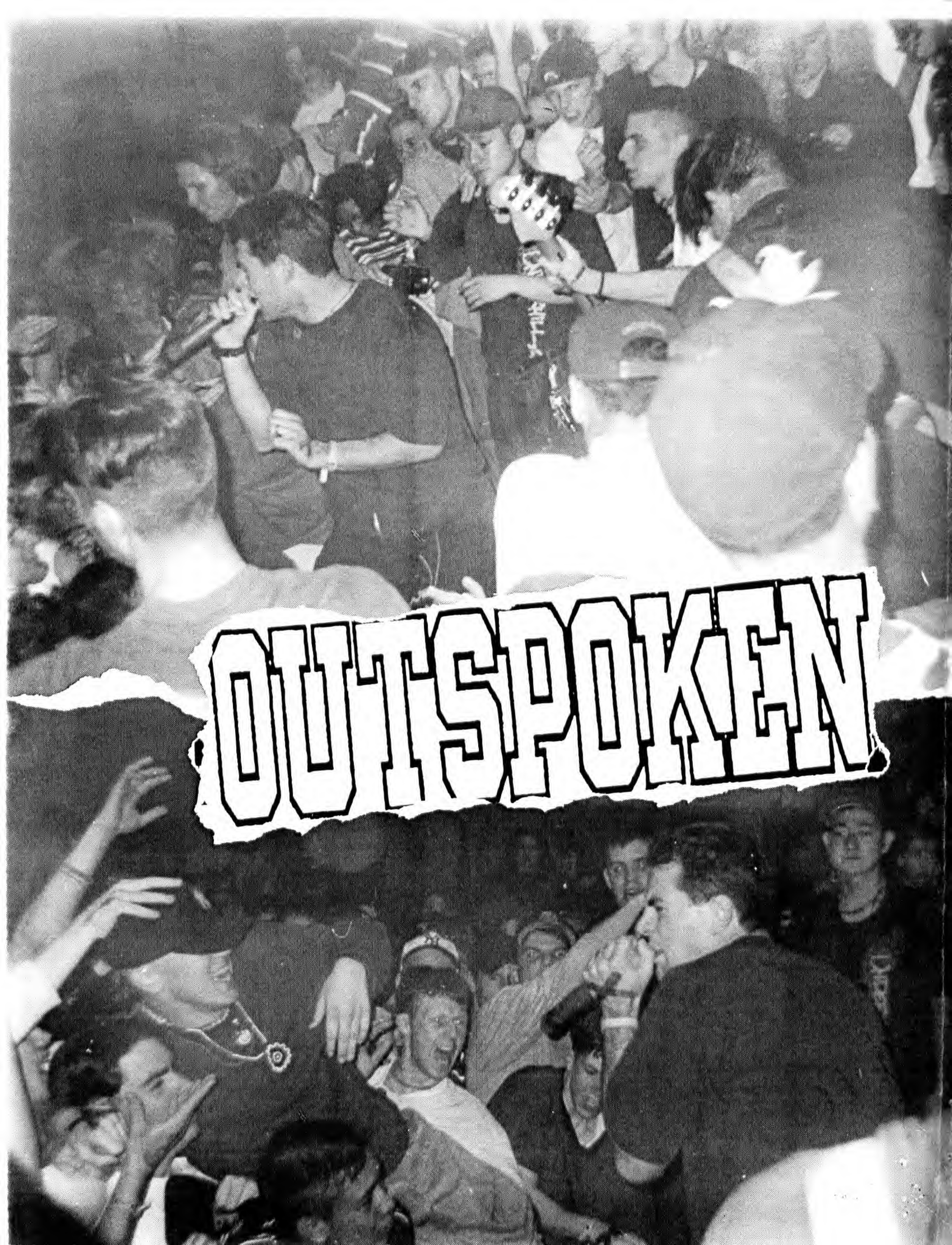




# INTO ANOTHER







**OUTSPOKEN**





# UNDERGROUND



## Stalemate

days slip from my hands  
like sand through an hourglass  
satisfaction fades from my  
as I burn... out of control  
I fight to pass each day by  
but I fall deep into the trap  
that binds my spirit down  
and keeps me held back  
time just drifts by  
but I feel nothing at all  
wish that I could grab  
something  
to keep me from this fall













# FOUR WALLS FALLING



a whole I don't know where they'd get

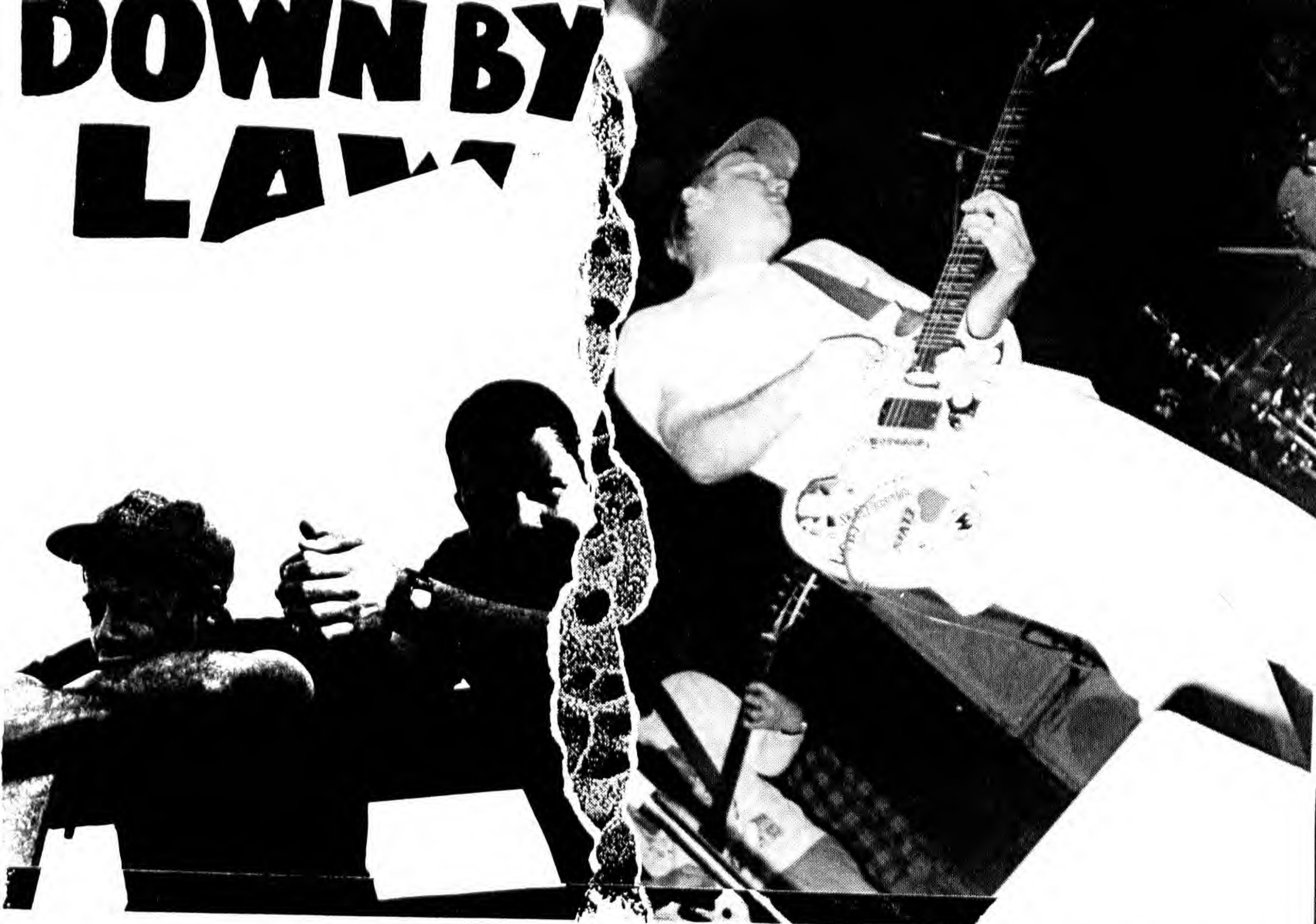


# CD Collection





# DOWN BY LAW



To start everything off, who is in the current line-up of Down by Law-

Right now it is Hunter Oswald who is the drummer, Pat Hoed is the bass player, Sam Williams is the lead guitar player, and then there is myself Dave Smalley playing rhythm guitar and singing..

How did you come to form Down by Law-

Well it was gonna be just a fun project band, it was just gonna be with the guys in the Chems. and me because they toured with All a couple of times.

Did you ever expect it to get as big as it has gotten so far-

No...it was never expected...I mean know we have major labels calling us and it is just silly...it is kind of wacky, it was never meant to be that way. I mean I like the fact that we are pretty popular on the independent circuit...and that is how I would like to keep it for awhile...

So you're not really planning on going to any big labels right now-

No, although I don't fault those that do, the obvious example being Bad Religion...they had a lot of different reasons for doing what they did, they're still a great band...they will never change the way they perform or what they sing about, so I have no problems with bands that do that...but for us for right now we're happy with where we are.

I take it that you are happy with Epitaph-

Yeah, they treat us really well. The distribution seems to be pretty well, kids are able to get our records...it is really all you can ask for.

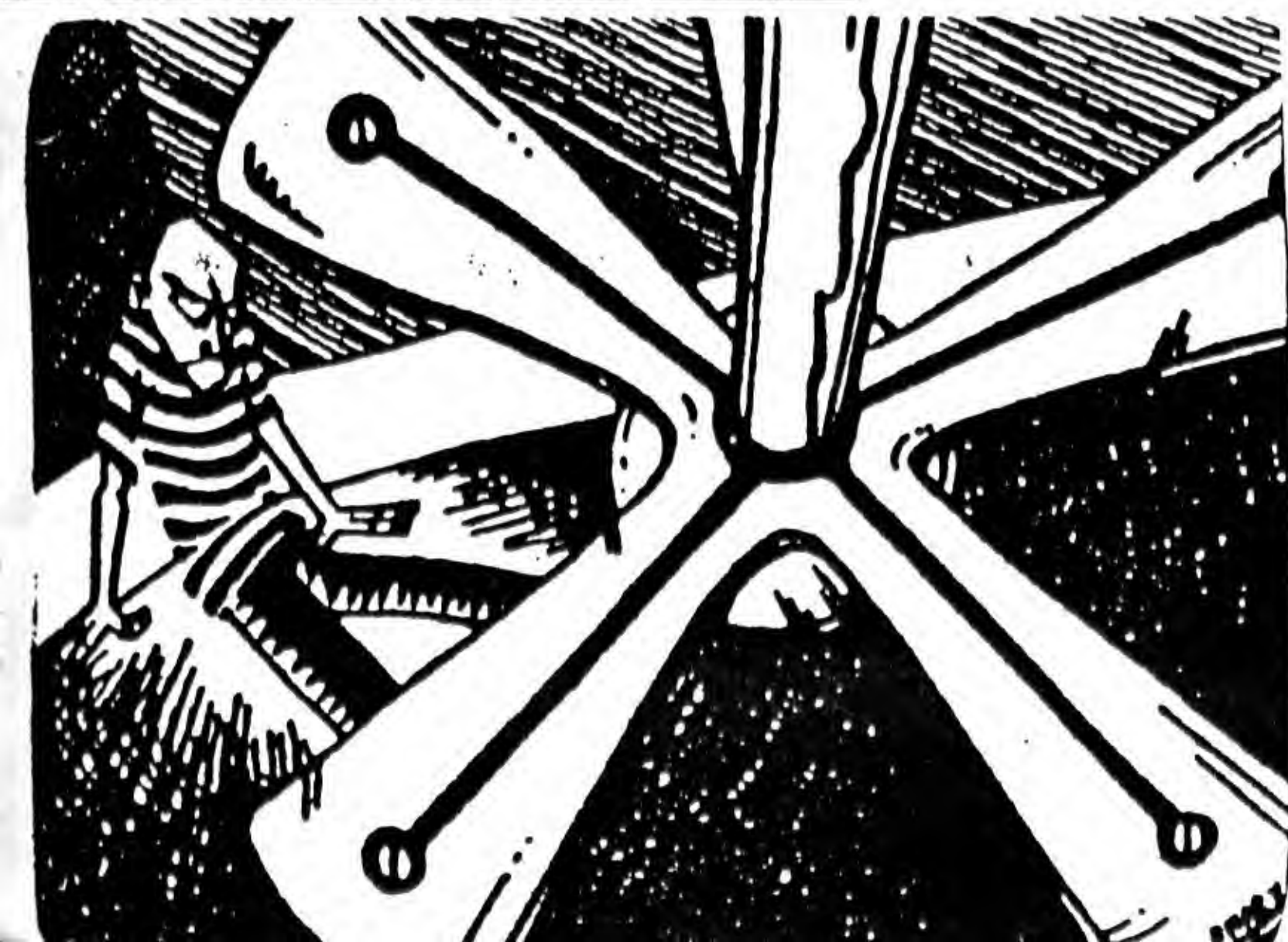
What has been your motivation for song writing in the past year-

That is a good question; I don't know if it is stupid or not, but I really have this belief in what independent music is and what it can do...what all of us are doing here and what your doing with the fanzine, and what where



# DOWN BY

# LAW



doing with our music and that is hopefully making the world a little bit better. I don't think we are ever gonna be able to achieve a perfect society or any of that kind of stuff, but it is nice to have influenced enough kids to know that they are gonna go out and do something positive with their lives... Just like I'm a generation from you, and the Clash and the Jam are some of my big influences and the dead Kennedys when I was seventeen and stuff. and now eleven years later I feel that I'm that to a lot of kids... It makes me feel really good I'm happy about that. A lot of my songs tend to be hopefully encouraging people to continue with whatever it is they do, that makes their life a good thing... that and a lot of the new songs that you haven't heard yet are oriented towards quasi political situations that you wouldn't know unless you thought about them... a couple of the new ones are allegories, you have to look through the haze to figure them out... which I'm sure you would be able to do.

## Can you describe one of the songs-

There is one song coming out I don't have a title for it yet, tentatively it is called the everyday man. It is about a guy that we see around everyday-like a bus driver, or a guy that cooks us pizza at a pizza stand... I mean you never really think about the fact that these guys and women get up and work hard all day and everyday. They probably have kids and wife or husband that they have to take care of... there is so much that people do that some of us don't think that hey just smile at the guy when you ask for your pizza and say how is it going, or just something minor you will make them happier...

too much glory gets put upon athletes, rock stars, and movie stars; and not enough common love for your fellow man. that is what one is about. And then there is one that is kind of an anti-M.R.R. song, but enough about that.

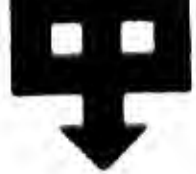
## Do you know when the record is supposed to be out-

It will be out in the spring, Bill and Stephen from All are going to produce it. and we are going to record pretty soon after we get home.

DOWN BY LAW  
BLUE



# down by law



How did you end up doing a seven inch on Break Even point records-

We went to Italy last year, and we are very popular over there, we met alot of nice friends and a couple of them worked for BEP and they said they wanted a band they had some recognition in america to help out their label, and i really like these guys...so i said we would do it; we did it real fast so it has that garagey trashy sound, i almost like that. We have not gotten sued yet for calling it Punky Brewster. i will keep my fingers crossed.

What about the seven inch on Selfless Records, i find it strange that you are a bigger band compared to everything else on that label. People that don't know about these smaller label's will look into these labels and see whatelse they have-

That is kind of the reason we did it, Selfless is run by a guy named Todd he is a great guy, very honest and he calls up and plays records over the phone from texas and asks what do you think of this. Nine times out of ten i will say that sucks...he won't get mad, he has alot of death hardcore, like DROPDEAD/CROSSEDOUT. people should support his label.

You've been in this scene for so long from DYS to Dag Nasty and now Down by Law, instead of having an older crowd it seems like your getting more of a younger crowd-

That is true actually. i like every person of all-ages to like our band and to believe in what we are talking about. If i can connect with someone that is sixteen and they can connect with me, and we become like brothers that is great, and the same if someone is fifty...there tends to be in certain parts of the country alot of younger kids...i would say the scene is better then ever right now, and i really believe that. there are alot of cool record labels, and really good bands.

It seems like alot of the new kids that are getting into straight edge/hardcore are more dedicated then those before them who claimed to be straight and so forth-



## the greenest field

so where is all this going  
does anybody know  
shed a thousand tears  
but what have we got to show  
crime and hate and war  
they're still there all around  
giving our hearts so long  
are we screaming without a sound



straw

*in the midst of changing times  
i look around and fear unknowns  
fear changes in my mind  
we're seeing all this change  
we're hearing promises  
but will these changing days  
mean a bright new tomorrow?*



Yeah, that was a real fashion thing for awhile. I agree with you, if someone is reading this fanzine it means their involved and thats great. It means we're doing something right in this adventure of life.

What are some goals that you would like to accomplish that haven't yet already-

Man that is another good question, I would like to at one point finish a book that I started awhile back.

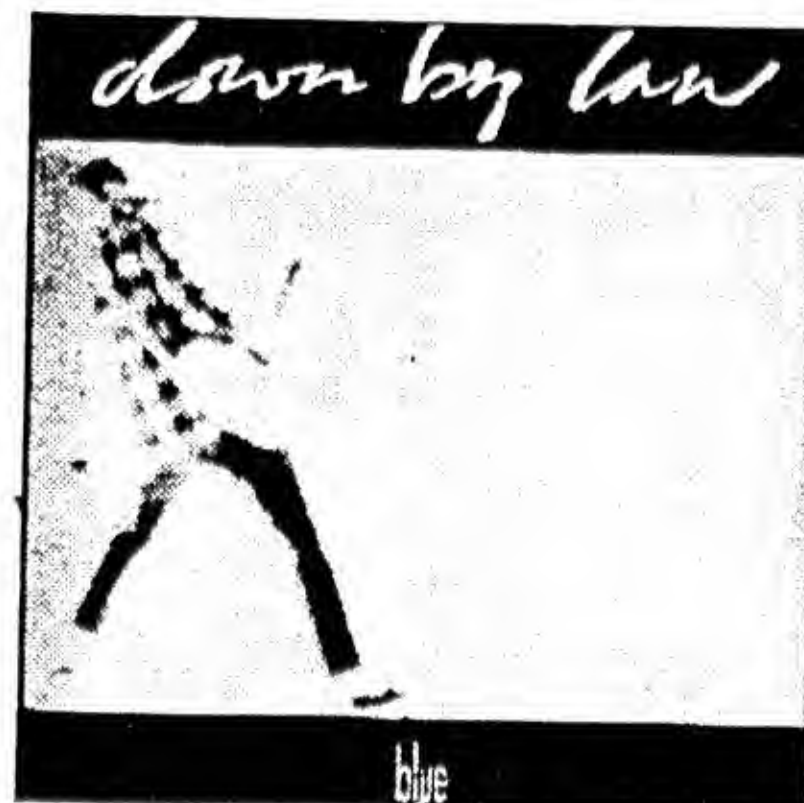
It was gonna be called the darkside;but I would like to finish that sort of chronicle of all the music that I've been involved with, I'm still doing it so, it is something hopefully I will do after I stop doing music...if that ever happens...make sure my parents live a happy retired life...and to have a child at some point with my wife, and raise it to be a good person.

Considering the fact that you are married, does your wife support what you are doing-

We are real different compared to alot of married couples, because we are like best friends. when I sing best friends,everyone sings it about a particular person, for me it is about Caroline...she is like my other half...she is really supportive of the band and she knows what we're all about. she is like the fifth member of the band.

Any closing comments-

First of all that is a really nice book bag, thanx for everybody supporting us and what we are doing, and we believe in you guys as much as you do us...anytime you get down hopefully you can put on a DBL record and feel a little bit better. We will always be there for you. you write us a letter we will write you back...  
address-P.O.box 92437, Pasadena, Ca. 91109-2437





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**KILL THE ROBOT**

The zine you all  
have come to know  
and not care about  
is still here and  
working the full  
shift. I got all the  
shit now baby so I  
am rearing to go.  
Words galore. If  
you dig words you  
might want to pick  
this zine up. If you  
don't like words you  
can still pretend,  
and hey if it makes  
you feel good who  
cares? Hedonisticly  
Vegan with tons of  
love and hate. It is  
all a cycle sugar  
buns so just smile  
and keep sucking

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**reveal**

'z i n e  
#3 will be out soon with three  
viewpoints on hardline's homo-  
sexuality stance; photogenic  
likenesses; a surplus of verbal  
barrages; and no reviews.

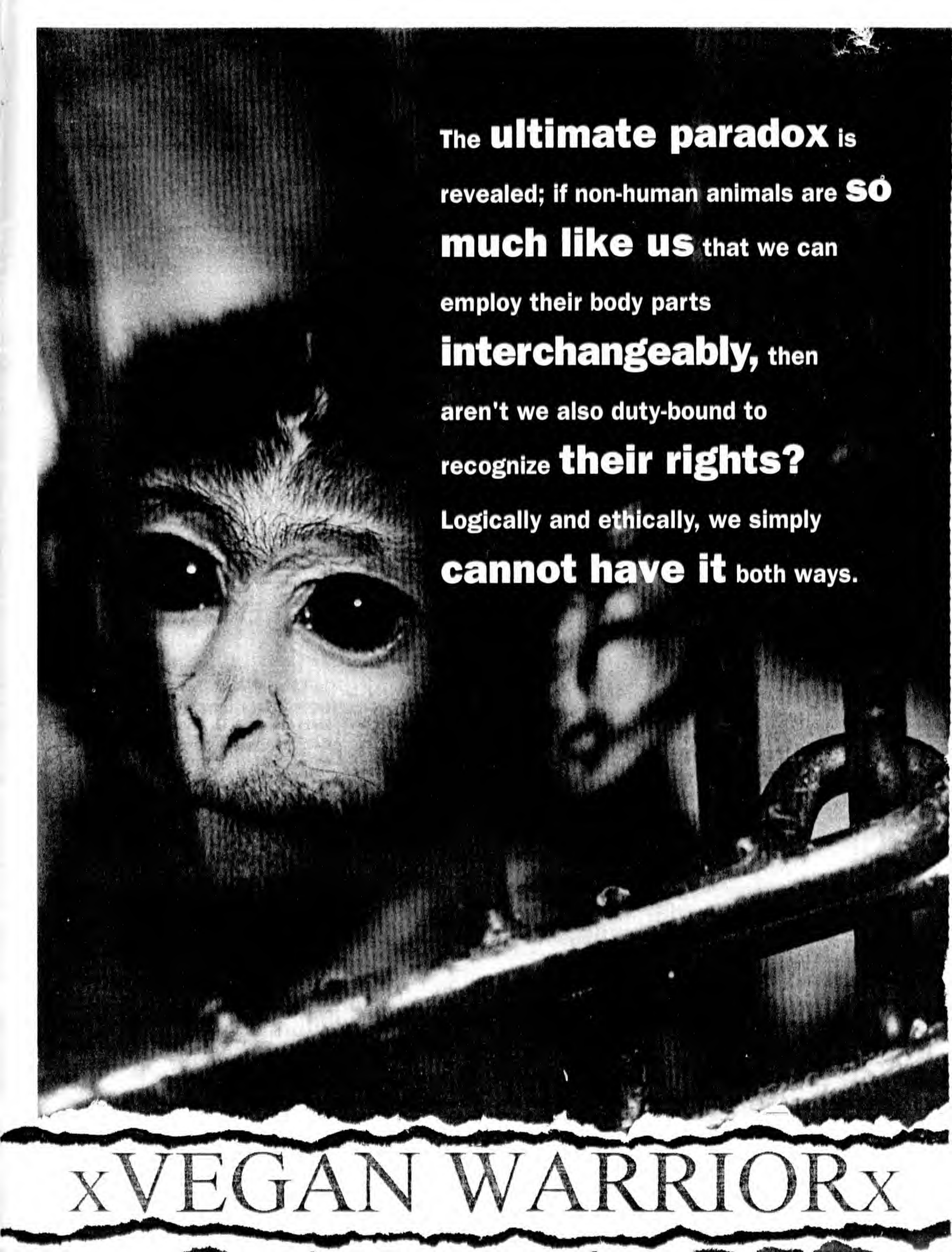
gardenhead cookbook out soon  
with a ton of recipes containing  
no animal products. mmmm...

precedent & catalyst records  
present for '94 a s.e. comp. fea-  
turing groundwork(az), war cry(in),  
birthright(in), and incision(ont.).  
coming soon....

reveal 'zine/precedent records  
p.o. box 2611  
bloomington, in 47402-2611







The **ultimate paradox** is  
revealed; if non-human animals are **SO**  
**much like us** that we can  
employ their body parts  
**interchangeably**, then  
aren't we also duty-bound to  
recognize **their rights?**  
Logically and ethically, we simply  
**cannot have it** both ways.

X VEGAN WARRIOR X



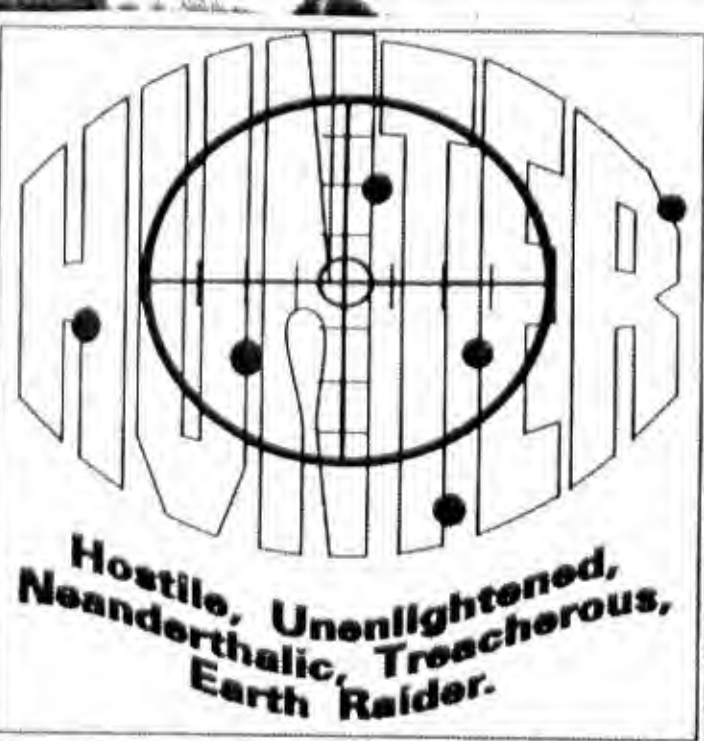


**When a man kills another man it is murder.  
When a man kills an animal it is sport.**

I'm sorry but the killing of animals is in no way sport it is straight out murder. The blood on your hands is there, just the same as if you where to kill another human. There is no justifying the slaughter you commit, your actions are all seen, you have committed murder in the first degree. As for a sport, hunting is nothing of the sort. How in the hell can you call tracking down defenseless animals a sport, why do you have to camouflage yourselves so you won't be scene, and why must you hide in trees... because with out that gun or bow and arrow you ain't shit. If you want a fair hunt go fight a bear with your bare hands, you won't would you...chicken shit. No other species uses weapons to hunt each other, this proof that man is not a meat eater, cause if we where meant to eat other animals are bodies would be designed to do so (see chart).

So for all you drunk fuckers that like to commit murder, do me and all the animals a favor go out and kill each other. Now that is a sport...what happened in California is only proof that hunters are destroyers So to all those who go hunting this season watch your fucking back...

MEAT EATER	LEAF-GRASS EATER	FRUIT EATER	HUMAN BEINGS
1) has claws	no claws	no claws	no claws
2) no pores on skin; perspires through tongue to cool body	perspires through millions of pores on skin	perspires through millions of pores on skin	perspires through millions of pores on skin
3) sharp, pointed front teeth to tear flesh	no sharp, pointed front teeth	no sharp, pointed front teeth	no sharp, pointed front teeth
4) small salivary glands in the mouth (not needed to pre-digest grains and fruits)	well-developed salivary glands, needed to pre-digest grains and fruits	well-developed salivary glands, needed to pre-digest grains and fruits	well-developed salivary glands, needed to pre-digest grains and fruits
5) acid saliva; no enzyme ptyalin to pre-digest grains	alkaline saliva; much ptyalin to pre-digest grains	alkaline saliva; much ptyalin to pre-digest grains	alkaline saliva; much ptyalin to pre-digest grains
6) no flat back molar teeth to grind food	flat, back molar teeth to grind food	flat, back molar teeth to grind food	flat, back molar teeth to grind food
7) much strong hydrochloric acid in stomach to digest tough animal muscle, bone, etc.	stomach acid 20 times less strong than meat-eaters	stomach acid 20 times less strong than meat-eaters	stomach acid 20 times less strong than meat-eaters
8) intestinal tract only 3 times body length so rapidly decaying meat can pass out of body quickly	intestinal tract 10 times body length, leaf and grains do not decay as quickly so can pass more slowly	intestinal tract 12 times body length; fruits do not decay as rapidly so can pass more slowly through	intestinal tract 12 times body length







it made me want to kill. it made me sick. there is a holocaust going on as we live our worthless lives. how many will die as i write this? how many now writhe in agony as we sit around and theorize about their plight? i saw it from pretty far away, but i *knew*. in my heart, in my soul, something told me what it was even though i could not make out the details yet.

as i drew closer, i felt the anticipation, and then a brief moment of relief, maybe i was wrong, maybe it was a load of trash, or stacks of old carpet. but then i really saw it. no. no. no. fuck no... i wanted to cry, but sometimes i just can't anymore. i then felt the deepest sorrow i think i have ever felt. i also felt the deepest shame for what my kind has done, the shame of being a part of this hell-bent species. what have we done? in the name of ignorance, in the name of

greed...

their bodies were heaped one atop the other, haphazardly they overflowed their carrier. legs, heads, half of a small body hung over the edge of the trailer.

their heads were caved in, their brains were falling out. the senseless, brutal deaths of once living, feeling beings. males, females, children, all dead, their blood mingling on the cold metal floorboards. ten feet long, six feet wide, over six feet tall, filled with their murdered husks, quivering with every movement of tire over the road. i blare my horn, i am in shock, i am appalled, i am at a loss. i flip the driver off. "Scottsdale Hog Farm". or something like that. he tries to run my car off the road. i take my exit, he continues with his cargo of death. what difference did i make? what have i helped? i'm vegan, and still they are just as dead. abstinence is not enough, for even as we abstain the slaughter continues around us, don't be fooled. until you witness the horror, the insanity, don't you fucking dare question my motives.

do something.

act.

Article by: Catalyst 31



WORKERS WOULD KILL SICK OR MIS\_SEXED BIRDS BY HOLDING THEIR HEADS AND SWINGING THEIR BODIES AROUND TO BREAK THEIR NECKS, BY HOLDING THEIR FEET AND SLAMMING THEIR BODIES INTO A DEBEAKING MACHINE OR A WOODEN POLE, BY TWISTING THEIR HEADS OFF, BY HITTING THEM ON THE HEAD WITH A HAMMER, OR BY (ACCIDENTALLY) STEPPING ON THEM AND BREAKING THEIR BACKS OR RUPTURING INTERNAL ORGANS.



## ALTERNATIVES TO THE USE OF ANIMALS IN EXPERIMENTATION

Modern technology casts a new light on the continuing controversy over vivisection. Many viable alternatives to animal experimentation now exist, and more can be developed and validated to help bring an end to the needless killing of millions of animals each year. Below are some of the new methodologies that have been or are being developed to reduce, refine, and replace the use of animals in research, testing and education.

**1. Mathematical and Computer Models:** Mathematical models make direct predictions of the functions of human systems. Computer Models, by means of simulation, provide information that cannot be gained from experiments using living creatures. Computer Models are used in studies of anatomical systems, organ functions, heart attacks in nerve cell and neuro-muscular research. Computer Models of human circulatory and respiratory systems are used as teaching devices at medical schools. They are highly accurate and their capabilities are increasing in complexity as the technology is developed.

### 2. Cell and Organ Cultures:

**Cell Cultures:** Single cells from human or animal tissues are grown outside the body. Each generation of these cells breeds identical cells almost without limit, providing a constant supply of identical test materials. As a result, the effects of foreign substances or test procedures upon completely standardized matter can be observed. Cell cultures evaluate substances for toxicity and irritancy.

**Organ cultures:** Groups of cells from a single organ are grown in a feeding medium. The normal structure is retained and since the cells have a functional relationship to each other, reactions and effects of a substance upon a complete organ can be tested with results similar to that of an intact body.

Either of these cultures can be used in biochemistry, cancer research, genetics, immunology, microbiology, pharmacology, physiology, radiation research, toxicology, virus research, and in the production of vaccines.

**3. Bacteria Cultures and Protozoan studies:** Many species of bacteria react in the same way to toxins, mutagens and irritants as humans do. Protozoa have similar chemistry to humans and therefore can be useful in nutritional research. These organisms reproduce rapidly and are easily monitored through several generations. They are easy to standardize, control, store, and maintain at a very low cost. Because animal tests take much time, only a fraction of new products ready for market each year can be adequately tested on animals. This results in either a log of products, products entering the market prematurely, or products for which continued use over several generations has not been properly assessed in organisms similar to humans. As well as being time-consuming and expensive, animal tests are seldom as reliable as bacteria cultures. These and protozoan studies can be used in cancer, birth defect, aging, and heart disease research, in water pollution studies, and through recombinant DNA research, in anti-virus, and vaccine development.

**4. Gas chromatography and Mass Spectrometry:** These are methods used in identifying drugs and chemical substances through the study of chemical and drug activity at the molecular level. Substances and solutions are separated into their basic elements through gas chromatography and then identified and measured via the very sensitive and accurate procedure of mass spectrometry. These methods have proven very successful in vitamin and drug research.



"What sense does it make to continue investigating the impact of weapons that soon won't even exist, especially if this involves the torture and murder of innocent animals."

Sam Cohen  
Inventor, Neutron Bomb



### THE EXPERIMENTS

Primates are used in a wide range of wasteful and cruel research projects. In color vision and behavioral studies, electrodes are implanted in their brains and parts of their brains are purposely damaged and destroyed. In visual deprivation studies, monkeys' eyes may be stitched shut or completely removed. In toxicity tests, they are forced to consume poisonous chemicals. Monkeys continue to suffer and die in military radiation experiments, and addiction experiments where they are forcibly

### THE DEATH CHAIN

The following chart gives a clear example of the cost in lives of each stage of the chain of supply of monkeys from Indonesia to U.S. laboratories.



A group of monkeys is trapped in the forest and crated up to be taken on the first leg of their journey of death.



Three of the animals have died as a result of trapping or in transit to the primate holding compound.



Only five monkeys remain by the time they reach the primate exporter - some die en route, others at their premises.



Two more animals are killed by the exporter - they're too old, sick or pregnant.



And then there were two...after a further death on the flight to America or at the U.S. holding center.



**"It was a horrible experience. It sometimes took as much as a week for the dogs to die...they would begin to get weak and eventually they couldn't eat or drink. We would walk into the room and they would actually thump their tails, although they couldn't even lift their heads."**

Laura Walters, AFRRRI Employee

## THANKSGIVING RECIPES

### Stuffed Squash

- 1 large squash (hubbard, buttercup, or 2-3 acorn squash)
- 2 Tbsp. olive oil
- 3 onions, minced & 6 celery stalks (with leaves)
- 1 tsp. salt (opt.)
- 1 cup vegetable soup stock or water
- 1 cup chestnuts, cooked and mashed
- 3 cups cooked brown rice, millet or bulgur
- 1 tsp. paprika & 1 tsp. crushed sage
- 1/2 cup toasted and chopped almonds
- Cayenne pepper to taste

Directions: Split squash in half and scoop out seeds and membrane. Heat 1 Tbsp. oil in a skillet and saute onion. When it is lightly browned, add celery and saute a few minutes more. Add salt and 1/2 cup of water. Simmer for 10 minutes. Combine with remaining stuffing ingredients. Fill squash cavities and brush sides with remaining oil. Place in a roasting pan and cover the whole pan with foil. Bake at 350 degrees for 1-2 hours (hubbard squash may take longer). Serves 6.

### Lentil Roll With Puff Pastry

- 13 oz. package of frozen puff pastry
- 2 Tbsp. canola oil
- 1 large onion, 1 large celery stick, 1 large carrot, chopped
- 1 cup red lentils, washed and drained
- 1 cup vegetable stock
- 1/2 tsp. thyme, 1/2 tsp. oregano & 1/2 tsp. parsley
- 1/4 cup cooked sweet corn & seasoning to taste

Directions: Defrost the pastry. Roll it out on a lightly floured surface and shape into a large rectangle. To prepare the filling, heat the oil and fry the vegetables for 10 minutes. Add the lentils, vegetable stock, herbs and seasoning. Cover and cook over low heat for about 30 minutes, or until the lentils are soft. Drain off any excess liquid, if necessary, and coarsely mash the lentil mixture. Stir in the drained sweet corn. Spread the mixture over the prepared pastry. Fold to make a neat package and press the dampened edges together to seal. Any extra pastry can be cut off and used to make a decorative trim on top. Transfer to a greased baking tray and bake at 425 degrees for about 30 minutes, by which time the pastry should have risen. Cut into slices and serve hot.

### Mixed Wild Rice With Nuts, Scallions And Bell Peppers

- 1 cup wild rice & 1 cup white rice
- 1/3 cup peanuts & 1/4 cup walnuts, chopped
- 1/3 cup pistachios
- 1 bunch scallions, chopped
- 1 green, red & yellow bell pepper (all 3)
- 1/3 cup olive oil & 1 bay leaf
- salt and pepper to taste

Directions: Preheat oven to 375 degrees. In olive oil, saute the diced bell peppers with the scallion and bay leaf. Place in baking dish, add uncooked white rice and 2 cups of water and cover. Bake in oven for 25 minutes, or until rice is cooked. Cook the wild rice separately according to package directions. When cooked, mix together with pepper, scallion and white rice mixture and nuts. Serves 10 to 12.

### Brown Gravy

- 1/4 pound (1 stick) soy margarine
- 1 cup whole wheat flour
- 4 cups water, bean liquid or vegetable broth
- 1/2 cup tamari
- 2 Tbsp. basil

Directions: Melt butter in a double boiler over medium flame or in a heavy saucepan over low flame. Stir in flour and let cook for 5 minutes, stirring so it won't burn. Add liquid very slowly. Make sure gravy stays smooth and well combined at all times; stirring with a whisk helps. Add tamari and basil. Cook for 10 minutes more. Serve hot. Yield: 4 cups

### Pumpkin Pie

Have ready: 1 unbaked 9" pastry crust  
Blend in a blender until smooth and creamy:

- 3/4 lb. tofu
- 1 (16oz.) can pumpkin (2 cups)
- 1 1/2 tsp. cinnamon
- 3/4 tsp. ginger & 1/2 tsp. nutmeg
- 1 tsp. salt
- 1/3 cup oil
- 1 tsp. vanilla & 1 cup light brown sugar
- 1 1/2 Tbsp. molasses

Pour this mixture into unbaked pastry shell. Bake for 1 hour at 350 degrees. Chill and serve with Sweet and Creamy Topping.

### Sweet and Creamy Topping

Blend in a blender until smooth and creamy:

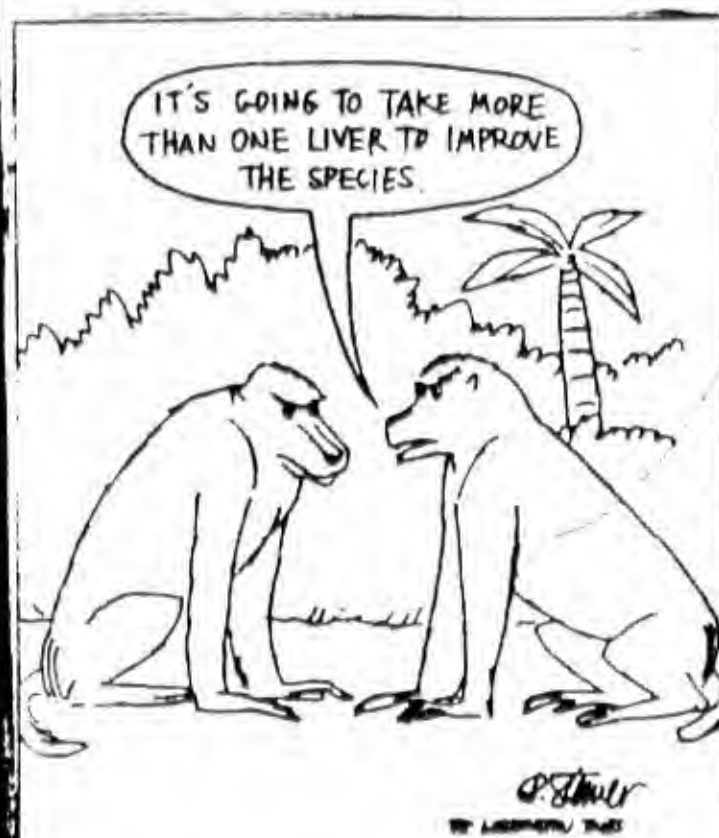
- 1/2 lb. soft tofu
- 1/2 Tbsp. lemon juice
- 1/4 cup oil
- 2 Tbsp. maple syrup & 1/2 tsp. vanilla
- 1/4 tsp. salt.

Chill and serve as you would whipped cream.

For More Info On Veganism Write:  
American Vegan Society, 501 Old Harding Highway,  
Malaga, NJ 08328  
New Jersey Animal Rights Alliance, P.O. Box 703,  
Woodbridge, NJ 07095

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